



The New Bread: Great Gluten-free Baking

Jessica Frej, Maria Blohm

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Buckwheat, cornmeal, and rosehip flour are some of the many alternatives to wheat, rye, and barley, our traditional grains. These ingredients open the way to endless possibilities both for the gluten-intolerant who are tired of sorry and crumbly commercial breads and for curious home bakers who want to try something new. These raw ingredients are naturally gluten-free and supply you with important nutrients. They are also sold in most grocery stores. The bread is baked with cold liquid for the dough, small amounts of yeast, and long rising times to add extra flavor. The book contains recipes for all kinds of bread, from tortillas to fiber rolls, as well as marmalades and other side dishes that go well with bread. With this book, you'll find it's nice and easy to bake without gluten.

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